

## Base Briefs

### CHANGE OF COMMAND

Lt. Col. Clinton Crosier relinquishes command of the 2nd Space Launch Squadron to Lt. Col. David Thompson at 10 a.m. July 1 in building 8401. Call Bobbie Moore to make reservations at 606-9725.

### CHANGE OF COMMAND

Maj. Constance Meskill relinquishes command of the 14th Information Warfare Flight to Maj. Justin Langlois at 10 a.m. July 2 in the Pacific Coast Club's warrior room. To make reservations by Tuesday, call 605-5344.

### RETIREMENT

Master Sgt. Richard Smitley retires at 1p.m. July 2 in Chapel 1. A luncheon precedes the ceremony at 11 a.m. Call Tech. Sgt. Benjamin Curry at 606-8296 to make reservations by Monday.

### PARENT PINS

The Air Force recognizes parents of America's airmen by sending a personalized letter and an Air Force Parent Pin to two parents or guardians. Register online at [www.yourguardiansoffreedom.com](http://www.yourguardiansoffreedom.com).

### BONE MARROW

Team V can donate blood and register for bone marrow donation from 9 a.m. to 1 p.m. Wednesday in building 8290. Those who cannot donate blood may still be able to register to donate marrow. Call 1st Lt. Ericka Brewington at 606-4985 for more information.

### DRY CLEANERS

The Army and Air Force Exchange Service here implemented a new contract for dry cleaning service on base. The new contractor opened for business Monday in building 13700 across from the 30th Security Forces Squadron.

### BIRTHDAY MEAL

Breakers' next birthday meal is Wednesday for enlisted members with birthdays in April, May, and June. For more information, call Staff Sgt. Jennifer Kottke at 606-3219.

### COMMITTEE CHAIR

Team Vandenberg members can apply to serve as chairperson for the Hispanic Heritage Committee by calling the military equal opportunity office at 606-0370 for more information. The deadline to apply for the position is today.

### VOLUNTEERS NEEDED

Vandenberg's vocal ensemble, Patriot Voices, needs volunteers to sing the national anthem at various local functions and events. Practices are Mondays at 4:45 p.m. in the Chapel 1 sanctuary. Call Capt. Zach Guza at 606-4725 for more information.

### VEHICLE LICENSE FEE

Military personnel whose state of legal residence is not Califor

**See BRIEFS Page A3**



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

Col. Frank Gallegos addresses the 30th Space Wing after taking command from Col. Robert M. Worley II, during a formal change of command ceremony Monday on the parade grounds here.

## Gallegos takes charge of 30th SW

By AIRMAN 1ST CLASS BRYAN FRANKS  
30th Space Wing Public Affairs

■ Col. Frank Gallegos assumed command of the 30th Space Wing Monday during a formal change of command ceremony on the base parade grounds.

Gallegos replaces Col. Robert M. Worley II, who served as wing commander for the past two years. Worley moves on to Air Force Space Command

Headquarters in Colorado Springs, Colo., as the new director of mission support.

Maj. Gen. Michael Hamel, 14th Air Force commander, presided over the ceremony attended by hundreds of Team Vandenberg members gathered to watch Gallegos take command and bid farewell to Worley.

"Truly, Frank is going to bring the kind of leadership, intellect,

can-do spirit to this wing that's going to take it further ahead as we contemplate the future," Hamel said.

"I am back to where it all started," Gallegos said. "I'm back to the place I first set foot as an active-duty second lieutenant. "I've come full circle and I've got to tell you, it's great to be back at Vandenberg."

Previously, Gallegos was the

90th Operations Group commander at F. E. Warren AFB, Wyo., where he was responsible for more than 1,500 personnel involved in operating and securing 20 Missile Alert Facilities as part of the deterrent forces of the U.S. military.

His previous assignments include staff duties at Headquarters, United States Air Force; Strategic Air Command; and on the Joint Staff. The colonel also served

as executive officer to the vice commander of AFSPC and commanded the 12th Missile Squadron, Malmstrom AFB, Mont.

The new commander earned a Bachelor of Science degree from the Air Force Academy, Colo., and went on to earn three master's degrees from Lesley College, the Air University, and the Naval War College.

## 533rd TRS receives AETC excellence award

By AIRMAN 1ST CLASS BRYAN FRANKS  
30th Space Wing Public Affairs

■ The 533rd Training Squadron here was selected as Air Education and Training Command's nominee for the Chief of Staff Team Excellence Award for their part in developing and maintaining the new Solid State Phased Array Radar Trainer.

The idea for the new system began when reports came back from the field that the airmen being trained with the old system were not meeting standards.

"The old simulator was a Sun-based system built by Lockheed Martin in 1995 and we received it with no sustainment plan," said Capt. Niki Kissiar, 533rd Training Squadron.

"Since there was no plan for sustainment, the training system was not being upgraded as the operational software at the units was upgraded. Our simulator fell further behind the operational units and we found we were unable to train what our customer units needed us to train.

"We decided to go out and see what we could do on our own to fix the problem," Kissiar said. "That's when we started looking at different contractors and we realized we didn't have the kind of money it

would take to have a contractor build a new simulator."

A new system built by a contractor would cost around \$3.7 million with an extra \$380,000 needed annually to maintain it, the captain said. To date, the cost of the self-help built trainer is around \$320,000 with less than \$10,000 needed to maintain it.

One of the 533rd TRS's computer programmers knew there were DoD civilians at Keesler programming simulators for the Airborne Warning and Control System, Kissiar said. Instructors went to see what Keesler could provide and their programmers came to Vandenberg to see what the current system did.

The Vandenberg instructors also met with the programmers at Keesler to test the new software. Through continuous feedback and interaction, the team of experts made the new simulator more like the real thing. New consoles and keyboards for the system were the finishing touches that made it as close to the real thing as it could get.

"Before the SSPART system, we had personal computers set up on desks. Now we have consoles that look exactly like the

**See NOMINATION Page A3**

## Air Force authorizes PCS short tour credit for deployments

By MASTER SGT. RANDY MITCHELL  
Air Force Personnel Center Public Affairs

■ A temporary exception to policy will award permanent change of station short tour credit to many airmen deployed overseas for recent contingency operations.

Eligible members must have been on temporary duty starting on or after Sept. 11, 2001, for a minimum of 181 consecutive days at an overseas location designated as a hostile fire/imminent danger pay area.

This credit is intended to reduce the chances of those airmen being sent as non-volunteers to an unaccompanied PCS short tour soon after a prolonged contingency deployment.

The change is an exception to current policy, which only authorizes short tour credit for members accumulating 300 or more days TDY overseas during a consecutive 18-month period.

This exception is not without precedent. During Operations Desert Shield and Desert Storm, an exception to policy was approved to authorize PCS short tour credit to members who served

TDY in the area of responsibility for at least 181 consecutive days from Aug. 1, 1990 to June 10, 1991.

It's the members' responsibility to request PCS short tour credit through their military personnel flight, personnel employment element at their permanent duty station. The request must be initiated after completion of the TDY voucher. The paid voucher will be the document used to verify the dates of TDY and if the location qualified for payment of hostile fire or imminent danger pay.

"Unfortunately, there's no mechanism at base level to identify eligible personnel," said 1st Lt. Catherine Braxton, 30th Mission Support Squadron. "That makes the member responsible for requesting the short tour credit." To make a request, Braxton advised airmen to take their completed travel voucher from the deployment to the personnel employments section in building 11777, room C-202. Along with the travel voucher, airmen will be required to fill out a request worksheet, which is available at personnel employments and all unit orderly rooms.

## Team Vandenberg takes Community Assessment Survey

By AIRMAN 1ST CLASS BRYAN FRANKS  
30th Space Wing Public Affairs

■ Eight hundred active-duty military and 1,000 spouses at Vandenberg received a 2003 Community Assessment Survey designed to enhance quality of life, readiness and retention across the Air Force.

The deadline to return the

survey has been extended through July 15, said Sally Galligan, family support center. More than 181,000 active-duty and Reserve service members and spouses at 99 bases worldwide were selected to complete the survey, which the Air Force has conducted since 1993.

The survey reviews and monitors seven key areas:

community satisfaction, personnel preparedness, family adaptation, health and well being, spiritual well being, economic well being and safety, according to Caliber Associates, the company selected to conduct the survey.

Air Force-level and wing leadership review and analyze the data collected. The information

helps People Helping People-Integrated Delivery System Working Group teams make decisions on community-wide programs and planning and resource allocation.

Some of the programs brought about through the survey are family days, free day care for spouses attending deployed spousal

activities, playground and picnic area construction, and child safety seat purchases, Caliber Associates officials said.

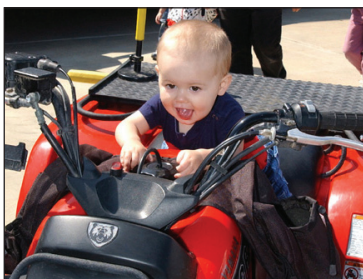
Although filling out the survey is not mandatory, Vandenberg still has a quota to meet for returning the survey, Galligan said.

**See SURVEY Page A3**

In this issue of the



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the Space & Missile Times button.



Team Vandenberg  
children explore  
vehicles up close at  
the annual Touch-a-  
Truck event.  
**See Page A4.**



Destinations Central  
Coast goes to  
Disneyland and  
California Adventure  
theme parks.  
**See Page B1.**

Weekend forecast  
Cloudy Friday and Saturday.

Low/High  
**49/54**

For a full Vandenberg weather  
report, visit  
[www.vandenberg.af.mil/30sw/  
organizations/30og/weather/weather](http://www.vandenberg.af.mil/30sw/organizations/30og/weather/weather)



# Team V – doing the right thing

By COL. FRANK GALLEGOS  
30th Space Wing commander

Team V, thank you for the warm welcome! I am honored to command such an outstanding wing and I know the next two years will be challenging and exciting. The 30th Space Wing continues to play a crucial role in the defense of this nation and I am proud to be a part of your team. I feel especially privileged to be a part of Team V



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

because I began my career here 22 years ago...I've come full circle. You should all be very proud of your achievements during the recent months. With the help of this wing, we emerged victorious from Operation Iraqi Freedom. The satellites you placed in orbit saved lives and the airmen who deployed helped our forces expedite the ousting of Saddam Hussein. You performed your mission safely and effectively –truly a testament to your commitment to “do the right thing.” I also look forward to continuing the outstanding relationship with our hosts and friends in the local community. On behalf of my wife, Julie, and our daughter, Maria, we look forward to working with all the members of Team Vandenberg! Thank you again for the wonderful welcome and keep charging!

# Commander gives recipe for success

By MAJ. WILLIAM THOMAS  
76th Helicopter Flight commander

The 76th Helicopter Flight has been serving Vandenberg for more than 30 years. As one of only four helicopter units in Air Force Space Command, it's the only one of its kind in 14th Air Force.

I've had the honor and privilege of leading the command's finest helicopter pilots, flight engineers, operations support personnel and contract maintainers while executing the most dynamic and complex U.S. Air Force UH-1 helicopter missions. Successful sortie execution is a team effort, requiring the utmost of professionalism and self-discipline from the aircrew, life support personnel, aviation resource and information managers, quality assurance evaluators and line mechanics. During my two years as operations officer and commander of the 76th HF, I have become thoroughly convinced that if you take care of the people, the mission will take care of itself. When given the appropriate organizational environment,

culture and resources, today's airmen can do just about anything. While I certainly do not have all of the answers when it comes to the perfect recipe for success, I've spent a great deal of time reflecting on this subject and arrived at several conclusions:

**1. You must have the professional courage to do what is right as opposed to what is popular.**

Our first core value of integrity is simply non-negotiable. We are in the business of saving lives and protecting valuable resources. If we fail in this regard, the consequences are completely unacceptable. A good *manager* ensures his troops can efficiently go up and down the job ladder, while an effective *leader* ensures the ladders are propped against the right windows.

**2. There is nothing more frustrating than a leader who needs to have all of the facts before taking action.**

Our professional lives are full of uncertainty and indecisive leadership only exacerbates this uncertainty. You must be willing to take measured and calculated

risks and to be decisive. Anything less paralyzes a unit and leads to mission stagnation.

**3. Technical competence in your job specialty is essential.**

Study and train like you are going to fight; you may have to one day. Always strive to be the best you can be and take pride in ownership for a job well done. Demonstrate a willingness to set and enforce high standards of personal and professional conduct – our profession of arms can accept nothing less.

**4. Lead by example in your personal and professional conduct.**

Physical, emotional and spiritual readiness often breeds a positive attitude – the antidote for failure. While life is about communication and relationships, a positive attitude and the recognition that you have a lot to be thankful for, can go a long way toward waving off self-pity.

**5. Always bring a healthy dose of humility to the table.**

Everyone is replaceable. Your in-box will always be full and you should never take yourself or your circumstances too seriously.

Although many of us have very real and serious personal and professional situations that we must deal with, put this into context and realize that everything is relative – it could be worse.

**6. Have empathy for those around you.**

Many feel they've been dealt a set of cards that is not as attractive as their neighbor's, breeding an inordinate amount of concern for self, while neglecting the needs or circumstances of those around them. Take a walk in the other guy's shoes and try to identify with his situations and motives in order to breakdown the barriers to sound communication and relationships. While effective leadership cannot be captured in a jar, I've found these guidelines helpful in keeping me in my lane during the elusive quest to find a better place to be. The true measure of anyone's character is in how they handle the good *and* bad stuff. These principles may assist you in handling the variety of different circumstances that will be thrown your way during the course of your Air Force career.



**30th Space Wing Mission:** To provide combat capabilities through launch, range and expeditionary operations.

SPACE & MISSILE  
TIMES

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For information about the Space & Missile Times, call the staff at (805) 606-2040.



Gimme the keys



PHOTOS BY SENIOR AIRMAN JONATHAN POMEROY  
Left: Fifteen-month-old Ashton Reed sits on a four wheeler during the annual Touch-a-Truck event held here June 14. Touch-a-Truck gives children the chance to get up close and personal with vehicles they usually see from a distance. Above: BreeAnna Pomeroy, 7, explores the inside of a tractor. Right: Daniel Maleika, 6, checks out the view from the machine gun turret of a Humvee.

CGOC sponsors squadron officer’s course

By 1st Lt. Henry Heren  
2nd Space Launch Squadron  
The Vandenberg Company Grade Officer’s Council sponsored the first-ever Vandenberg Squadron Officer’s Course in April. The 12 CGOs selected for the course received hands-on experience and interactive instruction on some key issues facing squadron officers. The course focuses on first lieutenants and is designed as a bridge between the Air and Space Basic Course and Squadron Officer School. VSOC’s goal is to provide professional military education at a time in a lieutenant’s career when it’s most valuable, said 1st Lt. Kasey Lowery, 30th Mission Support Squadron. The course covers the topics most officers learn through trial and error, such as how to write performance reports, how the

officer assignment system works, how a promotion board operates, and how officers are selected to attend SOS in residence. Additionally, the course provides insight into what commanders and senior enlisted members expect from CGOs. Col. Wayne Louis, 30th Space Wing vice commander, opened the inaugural course with a challenge for the students. “I would like the students to realize the extent to which the Air Force is dedicated to providing them the tools necessary to progress through their Air Force career,” Louis said. “I think this course provides them a great opportunity to interact with their peers, senior leaders, and the key personnel in our Air Force – our enlisted force.” 2nd Lt. Thomas Avilucea, 30th Space Communications Squadron, said students walked away with

new appreciation of how various processes work within the Air Force, and what they can expect to see in the coming years. He said he found the mock promotion board extremely valuable. “I feel it was the most important part of the course,” Avilucea said. “I understand how an OPR can influence your career and how quickly senior leadership actually looks at your reports – huge eye opener!” The course also served to bring CGOs from around the base together in an effort to better understand the challenges faced by fellow CGOs in other units and career fields. 2nd Lt. Andrew Cullen, 30th Civil Engineer Squadron, said while some CGOs are thrust into supervisory positions immediately after commissioning, others don’t supervise until they’re mid-level

captains. “But, generally everyone faces similar problems and issues regardless of their career fields,” Cullen said. The course completed a successful initial run and already preparations are underway for a second offering in late July as it moves to become a quarterly occurrence at Vandenberg. Lowery said. She leads a group of instructors in reviewing critiques and examining ways to make the course even more beneficial. The course is primarily designed for first lieutenants and each group is designated a limited number of slots for each class. Those interested in attending should make their request through their supervisor. For additional information, call Lowery at 606-0804 or 1st Lt. Henry Heren at 606-3507.



PHOTO BY SENIOR AIRMAN JOHNATHAN POMEROY  
The Vandenberg Squadron Officer’s Course gives lieutenants a leg up on writing performance reports.

UC transfer program chooses Hancock College as preferred site

By Rebecca Alarcio  
Allan Hancock College Public Affairs  
High school students seeking enrollment at a University of California campus now have a new option: the University of California Dual Admissions Program. The UC system has just introduced this new admissions option for students who fall between the top 4 percent and 12.5 percent of their high school graduating class and who are not eligible to attend the University of California directly from high school. Under the DAP program, students in this category who apply to one or more UC campuses and meet certain minimal requirements will receive a guaranteed offer of admission from a specific UC campus, provided they first complete a transfer program of study at a California community college. To ensure transfer success for these

students, Allan Hancock College and 31 other California community colleges have been selected by the UC system as preferred transfer colleges for the DAP-enrolled students. Allan Hancock College is the only so designated community college in San Luis Obispo and Santa Barbara counties. The UC system will provide additional support to the high school students who attend Allan Hancock College as their transfer institution in the DAP program. The support will come in the form of extra onsite UC counselors and outreach to the schools. “This is a huge benefit to high school students whose goal is to earn a bachelor’s degree at a UC campus,” said Jim West, dean, matriculation and counseling at Allan Hancock College. “Many students in the top 12.5 percent of their class who are not eligible to attend a UC directly from high

school can now have a guaranteed seat after completing the requirements at Allan Hancock College.” Students who use the DAP program enter the UC system as juniors. DAP will take effect for the high school class applying to college for fall 2004 entrance, meaning the first students transferring to UC through the DAP program would do so in fall 2006. Although, students have up to four years to complete their lower division courses at a community college. The DAP program will be administered through the Allan Hancock College University Transfer Center and adds to the already existing transfer guarantee programs Allan Hancock College maintains with various University of California and California State universities. For more information, call the transfer center at 922-6966, ext. 3363.

BRIEFS:

**From Page A1**  
nia can take advantage of a program that exempts them from the state’s vehicle license fee. Applicants must fill out a revised statement of facts, which requests the military member’s branch of service, duty station, unit, commanding officer’s phone number and state of legal residence. The revised form can be downloaded from the Department of Motor Vehicles’ Web site at [www.dmv.ca.gov/forms/reg/reg256.htm](http://www.dmv.ca.gov/forms/reg/reg256.htm). Dependents are also eligible for this benefit. Call the DMV at (800) 777-0133 for more information.

**AIR FORCE RESERVE**  
Military members can continue their careers in the Air Force Reserve. For more information , call Master Sgt. Brenda Kartheiser at 606-2704.

**PHARMACY PHONES**  
The 30th Medical Group has new phone numbers for pharmacy refills. Patients may call 605-0200 or toll free at (877) 826-3979.

**OFFICE CLOSURE**  
The 30th Space Wing Public Affairs office is closed Tuesdays and Thursdays from 12:30 to 2:30 p.m. For emergency assistance, contact the on-call PA through the command post at 606-9961.

**ROAD CLOSURE**  
El Rancho Road, from 13th Street to Umbra Road, is closed through Dec. 3 to accommodate bridge construction across San Antonio Creek.

**CONTROLLED BURN**  
The Vandenberg Fire Department conducts controlled burns from 9 a.m. to 5 p.m. Mondays - Fridays through July 3 on days with favorable weather conditions.

Crimebeat ...

COMPILED BY MASTER SGT. WESLEY ASLESON  
30th Security Forces Squadron  
**June 12 Shoplifting – 5:33 p.m.**  
The wife of a military retiree was detained at the Vandenberg Base Exchange for shoplifting. She departed the store without paying for three lipsticks and two lip brushes. She was cited for petty theft.  
**Parking complaint - 8:50 p.m.**  
A military member reported two vehicles parked within the 25-meter prohibited zone between Peace-keeper and Discovery dormitories. The owners were determined and the vehicles moved.  
**Domestic disturbance – 11:20 p.m.**  
The wife of a military member reported an argument with her husband at their quarters on Acacia Street. Investigation revealed the disturbance was limited to a verbal

argument. The member’s first sergeant was notified.  
**June 13 Suspected arson – 7:09 a.m.**  
The Vandenberg Middle School custodian reported damage to room A-7 at the school. Investigation revealed equipment was in disarray and a plastic trashcan was partially melted by fire. The incident is under investigation.  
**June 14 Malicious mischief – 6:52 p.m.**  
A military member’s wife reported children breaking into Crestview Elementary School. Investigation revealed four juveniles damaged smoke stacks and four windows. They also vandalized two rooms. The juveniles were identified.  
**June 15 Major vehicle accident – 2:43 p.m.**  
The south gate sentry reported a vehicle accident at the intersection of Highway 246 and 13th Street. Investiga-

tion revealed a government vehicle and private vehicle, both operated by military members, collided at the intersection. The GOV operator was transported to the Lompoc Hospital Emergency Room. The private vehicle operator and his wife and child were treated on-scene and released.  
**June 17 Domestic assault – 9:08 p.m.**  
Vandenberg Fire Dispatch notified the Vandenberg Security Forces Control Center of a domestic disturbance on Rolling Hill Court. Responding patrols contacted the residents, a senior airman and her husband. The senior airman said she and her husband had been fighting when her husband pushed her to the ground causing minor injuries. The husband said his wife had pushed him while he was holding their 7-month-old son causing minor scratches to the child. The member’s first sergeant and family advocacy were notified.

NOMINATION:

**From Page A1**  
systems our students will work on in the operational units,” Kissiar said. “The people from Keesler acquired the specs for the console covers and key board covers to slip over the computers and built them in their fab shop.” The combined efforts of the Vandenberg and Keesler teams

SURVEY:

**From Page A1**  
“Vandenberg’s return rate quota is 70 percent for military members and 50 percent for spouses,” she said. “We are only at 49 percent for military and .03 percent for spouses.” Meeting these quotas enables the IDS to obtain valid and general results that can be used by every installation in the Air Force. The survey takes only about 20-30 minutes to fill out. Military members and spouses who were selected for the survey can contact their first sergeant or call Master Sgt. Jaime Lopez, family support center, at 605-8553 to get the Web address and user code for completing the survey online. Spouses can also mail in a hard copy.

improved the mission and at the same time, saved money. “I wasn’t really surprised when we heard down from Air Education and Training Command that we were the command winners,” said Maj. Harold Hubbard, assistant operations officer. “The system has directly improved mission effectiveness. If you use the old grading scale in school, going from a solid C to an A plus or from 75 to

98 percent task coverage, it’s a big difference and I don’t think anyone can say that they made that big of a change in mission effectiveness.” The Chief of Staff Excellence Award recognizes outstanding team performance and promotes systematic process improvement. The award also serves as a means to share best practices and promote mission improvement and cost savings.

ALCON: Normal

A general condition reflecting responsible alcohol use.

Days since last DUI: 26  
DUI totals for the Year: 10  
AADD saves this year: 137

For a free and confidential ride home, call Airmen Against Drunk Driving at 606 or 605-AADD (2233).

30th OG	0
30th MXG	1
30th MSG	4
30th MDG	0
30th SW Staff	0
14th AF	0
381st TRG	1
576th FLTS	1
Det. 9	1
Others	2



# Airmen learn to handle first base stress

## Diet, exercise, relaxation key to coping with stress issues

By AIRMAN JUANIKA GLOVER  
*30th Space Wing Public Affairs*

Arriving to their first duty station, young airmen can experience a rush of different emotions from excitement and anticipation to nervousness, boredom and even isolation.

A new base usually offers a total change in environment. When the familiar faces of friends and loved ones are no longer available, some airmen wind up feeling stressed and overwhelmed.

Everyone deals with stress in their own way. Some choose to surround themselves with new friends and get involved in the community. Others go into seclusion, emerging only for work and an occasional meal.

Either way, stress left untreated can be very unhealthy, said Linda Bastine, Vandenberg’s family, work and life consultant. Bastine instructs a two-hour stress management class with the students of the First Term Airmen Center here.

Her class covers issues such as how to deal with changes in financial status, line of work, living conditions, work hours, sleep habits, social activities, and the lack of family get-togethers.

She said airmen can reduce the effects of stress by developing a more positive attitude toward their circumstances and

looking at how others cope in more effective ways with irritants.

“Stress not handled well can increase the probability of an individual experiencing a health problem,” Bastine said. “Stress itself is not the problem, the problem is that some people react to the circumstances and events in their lives in ways that result in illness, long term disabilities and early death.”

In the past, the average life expectancy was 30 to 40 years. Today, knowledge about physical fitness, nutritional fitness, and safe living have pushed the average life expectancy toward 70 years.

However, Bastine said, a new killer has emerged as the number one cause of early death. It’s an internal killer. A killer that can strike even those people who work at physical and nutritional fitness. The killer is stress, she said.

To combat stress, Bastine teaches a relaxation response technique in her class as a way to fight the stress response.

The relaxation response includes breathing techniques and allowing negative thoughts to be observed and passed on. She recommends airman fit the relaxation exercise into their daily



PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

**AF Academy cadet Vic Thompson spots civilian Matt Trettin while they workout at the Vandenberg Fitness Center. Experts have long advocated exercise as a way to combat the effects of stress.**

routine. Proper diet and exercise are also key to fighting and preventing stress.

“There are tremendous benefits with relaxing the mind because it’s a person’s thoughts that create the stress,” she

“I honestly get stressed out the most, just from not getting to be with Kurt. But a lot of my stress generates from my job,” the 19-year old added. “I don’t feel very confident in my abilities as a photographer, so I tend to really stress

said.

Monica Meyer, 30th Space Communications Squadron photographer, arrived at Vandenberg in early February. She said initially she was excited about coming to Vandenberg because she was no longer in the training environment of technical school.

However, being away from home and friends and family was pretty hard, Meyer said.

“The most difficult part about being at Vandenberg was being away from my fiancé, Kurt (McDonald),” she said.

Meyer and McDonald were high school sweethearts and became engaged shortly after graduation. McDonald enlisted in the United States Marine Corps and is stationed at Quantico Marine Base, Va.

“My main problem is being so far away from my fiancé. Before the military, we hadn’t been apart for more than a week at a time for the last five years. We’re very close, and this is very hard for us,” Meyer said.

about taking pictures. If I feel like I’m letting down my superiors, I also tend to feel uneasy.”

Outside of work, Meyer said she feels as if there just isn’t enough time in one day to get things done and she finds herself worrying about what she needs to take care of instead of just relaxing and enjoying her time off.

Meyer said when she is stressed to the point of no return she cries it out. Other times she takes a shower, watches a funny movie, reads a magazine or calls someone she knows will make her feel better.

“I haven’t really dealt very well with stress. I always keep to myself, and pretty much hide out,” the photographer said. “I call my mom and let it all go, and then I call my fiancé to see if he can help me out of it.

“We always make sure we have time to talk to each other to vent out our problems and be there for each other,” Meyer said. “We let whatever we are holding onto go, and then cheer each other up. When times get rough, we never let a conversation go on a bad note. In between calls, I just try my best to stay busy, and not let it upset me too much.”

She said her advice to other airmen experiencing stress from whatever circumstance they are in, is to find hobbies and friends who share the same interests as them and keep busy on a regular basis.

Every new airman arriving at Vandenberg is sure to encounter events they find stressful. The journey toward contentment takes time. However, the family support center and health and wellness center are available to assist in fighting stresses in a healthy and safe manner.

# Team V breaks new ground with bone marrow drive

By TECH. SGT. MARK MCKINNEY  
*30th Space Wing Public Affairs*

The 381st Training Group is slated to hold Vandenberg’s first-ever bone marrow registration drive set to occur in concert with a blood donation drive Wednesday from 9 a.m. to 1 p.m. in the 381st TRG auditorium, building 8290.

2nd Lts. Jacob Austin and Kevin Michaelson, along with Capt. Ericka Brewington, 381st TRG, accepted the challenge of putting together something that had never been done here.

“Initially, Colonel Bouthiller (381st TRG commander) received a request from higher headquarters to seek some volunteerism in the name of blood donations and possibly setting up a drive,” Brewington said. “The CGOs in the 381st thought it would be a worthwhile event to be a part of so we started some minor planning. Lieutenant Austin brought up the idea of bone marrow registration

and informed us that the nearest point of this type of registration was in San Diego.”

There are 99 donor centers globally with 95 of those in the United States. Of the 95 stateside centers, two of them are military donor centers within California’s borders, one at Camp Pendleton in San Diego and the other at Travis AFB in northern California.

“It’s important to make sure that base personnel and their families understand the importance of both of these programs,” Brewington said. “These programs really do make a difference and the bone marrow registration has many success stories, including one right here with a member of Team Vandenberg. It didn’t happen

### Vandenberg’s Bone Marrow Registration and Blood Drive

**Time:** 9 a.m. to 1 p.m.

**Date:** Wednesday

**Place:** 381st Training Group auditorium, building 8290

here, but Colonel Bouthiller is kind of a hero.”

Bouthiller may not be a hero in his own eyes, but to the young Army soldier who benefited from his marrow donation, he couldn’t be anything else.

In the winter of 1996, then Maj. Bouthiller was stationed at the Pentagon. The commander made a decision on a whim that ended up saving the life of a fellow military man.

“The Pentagon always has

something going on in its lobbies and on this particular occasion there was a bone marrow registration going on,” the colonel said. “One of my co-workers was headed down to register and asked if I wanted to go with him and I said why not. I had no idea at the time what an impact that one small decision would make.

“The rest of the story is that the soldier and I agreed to let our identities be known to one another and we met,” Bouthiller said. “He survived and is now doing well and we are both grateful for the experience that we shared.”

The soldier suffered from acute leukemia and was given only a short time to live. The two of them are still in touch to this day ... one life saved and another forever changed.

“One thing that I’ve taken

away from the whole experience is a closer look and more appreciative understanding of our Air Force core values,” the commander said. “It’s all about giving of yourself for the greater good.” The commander’s selfless characteristics appear to have rubbed off on the young officers under his charge.

“The main thing we want to accomplish with this whole project is to increase awareness of the need,” Michaelson said. “The bone marrow registration doesn’t require the same quantity of blood donation as the blood drive. It only requires a small vial.”

Another important factor of marrow registration is that even those who can’t donate due to disqualifying medical circumstances, can usually still register to donate marrow.

“The best thing to do is stop by and check,” Michaelson added.

Brewington has more information on donation

requirements and can be reached at 606-4985.

Bone marrow registration is a program that has the attention of the entire country from Hollywood, Calif. to Charlotte, N.C.

Jackie Donahue is a woman searching for a donor through the National Marrow Donor Program. She’s gained the county’s notice as her brother, rap artist Nelly, has joined in the search. At the other end of the entertainment spectrum, NASCAR promotes a celebrity cookbook that donates its proceeds to the program.

Contributors include drivers’ wives Kim Labonte and Katie Kenseth as well as team owners’ wives Mary Evernham and Linda Hendrick.

“This is an opportunity for our base to make a huge difference and it means a great deal to be part of something so worthwhile,” Bouthiller said.

“We all just want to increase awareness and let everyone know that they can make a difference in the lives of others.”



# Around the Air Force

## Support troops may come home soon

By SENIOR MASTER SGT. RICK BURNHAM

*Air Force Print News*

■ **WASHINGTON** — When the Air Force deployed its fighting forces for Operation Iraqi Freedom, a substantial portion of that contingent, about 65 percent, came from the installations and logistics community.

This included civil engineers, services, supply, transportation and maintenance troops and airmen from the computer and communications career fields.

Now, with Saddam Hussein’s regime deposed and key elements being either captured or on the run, there is less of a requirement to keep large numbers of support troops in the area of responsibility.

For many in the installations and logistics community, however, OIF continues. Fewer than 9,000 of the 35,000 people deployed have returned to their home station.

The disparity is a constant source of concern for many in the Pentagon, particularly Lt. Gen. Michael Zettler, the Air Force’s deputy chief of staff for installations and logistics. Noting that there is still much work to be done in Southwest Asia, the general said a plan is in place to get everyone back home safe and sound.

“There is a plan to bring everyone home, and it is being executed very well,” Zettler said. “The plan will really start to spin up and generate more speed as we move later into June, July and August.”

Essentially, the general said, the plan is based on two premises: leaving every place in better shape than it was before U.S. forces arrived, and withdrawing in a manner that allows the air and space expeditionary force concept to go back into a normal rhythm.

“We will have used about 45 days from the ending of hostilities in late April to build the kind of bases we want to have over there, take care of our international agreements, and pick up our equipment and do the maintenance that is necessary on it to reconstitute it,” he said. “We also have to commit the resources necessary to get the AEF, in the long term, back to a

normal 90-day rhythm.”

“We have a great plan to make that happen,” he said. “It is driven at leaving places better than we found them, supporting our international agreements and our allies who supported us in the war and getting the AEF back into a 90-day rhythm. It is a solid plan, and I have every confidence that it will bring our folks home.”

## Miniature decoy development begins

By LOIS WALSH

*Air Armament Center Public Affairs*

■ **EGLIN AFB, Fla.** — Experts here are helping develop a miniature air-launched decoy that Air Force officials hope will entice enemy forces to prematurely disclose their air defense locations, keeping friendly pilots further out of harms way.

Precision strike system program office experts awarded an \$88 million, five-year systems development and demonstration contract to Raytheon Corporation to develop the decoy.

The decoy is intended to saturate enemy air-defense systems by appearing on radar screens as a full-size bomber or fighter, according to Anna Harbaugh, program manager.

She said the finished decoy will be a small, cruise missile-like vehicle about 115 inches long, eight inches around, with a 60-inch wingspan. It will weigh only 200 pounds and will be launched from both fighters and bombers.

The decoy, powered by a turbojet engine, will reach speeds of Mach .93 - about 650 mph — and altitudes approaching 40,000 feet, Harbaugh said. Air Combat Command officials, who requested the development, require it to fly for 45 minutes at 35,000 feet or for 20 minutes at 3,000 feet.

The decoys can be used in many ways, according to Mel Duval, chief engineer. He said one scenario calls for fighters to follow the decoys into enemy territory.

“When the enemy turns on their surface-to-air defense radars (in response to the decoys), the real fighters or bombers arrive and launch homing anti-radiation

missiles that will follow the emissions to the source and obliterate them,” he said.

In another scenario, Duval said the decoy could be fired in swarms, completely overwhelming an enemy’s integrated air-defense system.

“If a (decoy) gets shot down, then it has done its job,” Duval said. “That means the enemy has expended an expensive and deadly missile against our inexpensive little decoy. We want the (decoys) to go where we don’t want one of our pilots to be.”

The decoy is scheduled to begin captive flight-testing in 2005 and free flight-testing in 2006. Initial production should begin in 2007. The contract requires 1,500 units to be delivered by 2011, Harbaugh said.

## U.S. military planes filled with Iraqi fuel

By CAPT. TRISHA CUNDIFF

*447th Air Expeditionary Group Public Affairs*

■ **BAGHDAD, Iraq** — For the first time in history, U.S. aircraft were refueled with captured Iraqi aircraft gas here June 14.

An estimated 2.4 million gallons of fuel were captured after the intense fighting of Operation Iraqi Freedom ended, according to Senior Master Sgt. Samuel Varnicle, 447th Air Expeditionary Group petroleum, oil and lubricants section superintendent.

Varnicle’s team of 25 specialists includes five Iraqis who worked the fuel farm before OIF. They worked to repair damages to the large holding tanks and support systems. They used the repaired system to download fuel into an Air Force fuel truck for aircraft use later that evening.

Fuel is now pumped out of one of the three main tanks at the farm, but Varnicle said there is still a lot of work to be done. For example, the electrical and pumping facilities need improvements, and two more tanks need to be repaired.

“It’s taking some time; it’s a slow process,” he said. “You have to realize this fuel farm hasn’t been fully functional since the 1991 Gulf War.”

The Iraqis said they are pleased that the team is helping restore the facility.

“It is very easy (to work with Americans) because all these guys are smart and hard workers,” said Hassan Hatén, Iraqi team leader and translator.

## Airmen reminded to update vRED

■ **RANDOLPH AFB, Texas** — In the five months since the official launch of the

## Candy man



PHOTO BY TECH. SGT. ERIC GRILL

**OPERATION ENDURING FREEDOM — Senior Master Sgt. Gary Ryckman hands out candy to Afghans from the village of Qual’eh-ye Musa. Ryckman is the chief air traffic controller at Bagram AB, Afghanistan. The Pennsylvania Air National guardsman was among 15 airmen from the 455th Expeditionary Operations Group who visited the village June 15 as part of the “adopt-a-village” program. The program volunteers help local communities with clothing and other basic needs.**

virtual record of emergency data, more than 383,000 airmen have updated their contact information.

While this number is impressive, there is more work to be done, according to Air Force Personnel Center officials here.

“It’s imperative we have every airman — active duty, Guard and Reserve — fill out their emergency contact information,” said Maj. Jerry Couvillion, chief of the center’s casualty services branch.

“The information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed,” Couvillion said.

Better known as vRED, this online form replaced the paper Department of Defense Form 93, Record of Emergency Data, as the only way for airmen to provide personal emergency information. By filling out the form from any Internet-connected computer, Air Force casualty officials have immediate access to critical information needed to contact family members if an airman becomes missing, suffers a serious illness or injury, or dies, he said.

“Accurate and current family-contact

information prevents unnecessary delays,” said Couvillion. “It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin.”

New procedures require all airmen to update their information electronically every six months, before deployments and after permanent changes of station.

“Once the member initially completes the form, they will be able to go in at any time and update specific information as needed,” he said. “It’s simple, and it saves time over the old paper form.”

On the AFPC Web page, <http://www.afpc.randolph.af.mil>, people can enter the virtual military personnel flight by clicking on the “vMPF” logo at the top of the page. New users will need to establish an account. The online application asks questions such as which relatives should be contacted and what their addresses are.

This process takes most people about 20 minutes, said officials. For more information about the vMPF or vRED, call the Air Force Contact Center toll free at (866) 229-7074. *(Courtesy of AFPN)*





PHOTO BY SENIOR AIRMAN JONATHAN POMEROY

**Anna Keck, playing for the 576th Flight Test Squadron, ferociously swings her bat at a pitch during a game between the 576th FLTS and 14th Air Force. Keck went 4-4 with two home runs in the game, which 576th won 13-5.**

# Intramural women’s softball league pounds into new season

By Tech. Sgt. Mark McKinney  
30th Space Wing Public Affairs

■ Once again, the women of Team Vandenberg proved beyond a shadow of doubt that if excitement is what you’re looking for, you need go no further than the women’s intramural leagues.

The 2003 Women’s Softball season has arrived and the competition is already heating up.

The base fitness center sponsored a women’s softball pre-season tournament June 13 featuring six teams from the 30th Security Forces Squadron, 30th Space Communications Squadron, 576th Flight Test Squadron, 14th Air Force, 381st Training Group and Detachment 9, Space and Missile Systems Center.

Although season opening games customarily find athletes full of jitters and a bit apprehensive, such was not the case for this kick-off tournament. Right away, fans were treated to top quality play exhibited by each team.

In an opening contest, the women of the 30th SFS squared off against their counterparts from the 30th SCS.

Right away, the women began to show signs of what’s in store for the upcoming season.

Barbara Kabrel’s consistent pitching and spectacular plays in the field by Susan Algeria and Stacey Peters lead the SFS team.

“My team played outstanding,” said SFS Coach Scott McElroy. “They hustled, played great defense, and we got big hits when we needed them. Barb’s pitching was outstanding and in the close games, Susan came up big at shortstop. All the women hit the ball well.”

Peters exemplified the fire, which lead the cop-squad to a first round win.

One sequence had Peters playing off the line at third base. The batter blasted a hard shot down the third-base line.

No time to think, Peters lunged to her right and made a stab at the ball. With no wasted effort, she planted firmly and let loose with a laser shot to first base to record the out. Time and again, Peters recorded these fielding gems.

Although great individual performances were turned in all

evening, team play is what ultimately wins championships. Friday night was no exception. The defending champion SFS team appears to be recharged and ready to defend their crown.

“This was a pre-season tournament to get everyone warmed up and ready to play the real season,” said event organizer Chris Lovelace. “This season should be better than the last primarily because we are getting an earlier start. Security forces are the returning champs and the way this season has started, it looks like they are the team to beat.”

All the teams had a great time and enjoyed the tournament.

“Our team had a wonderful time and wished they had gone further in the tournament, but it was fun all the same,” said 576th FLTS Coach Tim Moore. “The season looks to have some great competition and my team is very optimistic and the bottom line is they just love to play softball.”

If the pre-season tournament is a true indication, the games, which will be contested on Friday evenings this summer, will be exciting, close, hard-fought battles.

# Air Force’s first female boxer punches into history books

By Staff Sgt. Jerron Barnett  
33rd Fighter Wing Public Affairs

■ **EGLIN AFB, Fla.** — An airman here is not worried about the odds of her winning her first national bout in Augusta, Ga., June 18 to 21 - she has already beat the odds to become the first female on the Air Force boxing team.

Staff Sgt. Charmaine Carrington, a 33rd Aircraft Maintenance Squadron weapons-load crew chief, is eyeing the top spot in the competition with determination.

Growing up, she was one of three girls amongst seven siblings and one of the wing’s only female airmen in munitions, so in a sport that is predominantly male, she feels right at home.

“I hadn’t really thought about being the first female at the time it happened, but it hit me later that I was,” she said. “It doesn’t bother me at all being the only female around. I’m used to it.”

Carrington only recently became

interested in competing in the sport, but the California native watched matches of her favorite fighters, like Muhammad Ali, and saw herself boxing someday.

“I’ve only been interested in boxing for the last couple years,” she said. “I’ve done all the other sports, and I really just wanted to try this one.”

She found out how to join the Air Force team through her coach and friends at a local boxing club and filed her application with the help of Eglin’s fitness center workers.

Carrington contacted Tech. Sgt. Ronald Simms, one of the team’s coaches at Lackland AFB, Texas, and kept in touch until she got the response she wanted. “I kept bugging them,” she said. “I kept calling and basically harassing them.”

Carrington finally got her chance in January. After two weeks of intense training and Simms’ tough coaching at Lackland, she won a box-off used to determine who



PHOTO BY STAFF SGT. JERRON BARNETT

**Charmaine Carrington, first female on the Air Force boxing team, takes pointers from her coach, Dennis Walker.**

would be chosen out of the three females trying-out.

“I get a lot of support from my family and supervisors in this, and everyone was happy I made it,” Carrington said. “It would be hard for me to do this without their support. My husband is all for it.”

Since then, the junior-welterweight has been training for her first national-level bout in the upcoming three-day tournament in Augusta.

She trains six days a week, running nearly 40 miles a week, sparring and bag work.

“I’ve been working with Charmaine now for a little over two years and the enthusiasm she brings to the gym is unspeakable,” said Dennis Walker, her local boxing coach and trainer, who is assigned to the 96th Communications

Group. “When she comes to the gym to train, she not only trains hard but compels others to train hard also.”

“The training is hard, but I have fun,” Carrington said.

Carrington has fought in seven bouts since she has been on the team, mostly against local amateurs. She has a spotless 7-0 record.

The level of competition in Augusta will be the best amateur female boxers the nation has to offer, and she envisions herself doing well.

“I’ll be all right. I’m fighting to be number one,” she said. “I’ll do this as long as I’m one of the best, and then I’ll find something else to do.”

Simms says this goal is well within reach.

“A very realistic expectation for Charmaine is to be ranked in the top three in the country,” he said. *(Courtesy of Air Combat Command News Service)*



We just  
gotta sing!

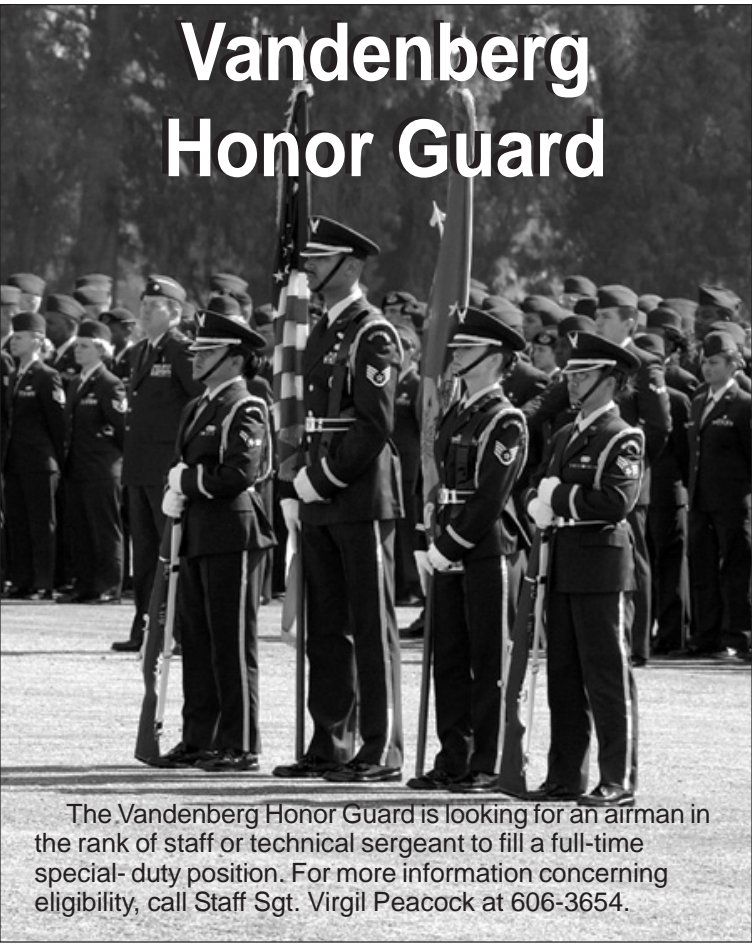
# Patriot Voices

The volunteer group is looking for uniformed enlisted or officer airmen with good voices and a desire to sing the national anthem for local functions. The group sings the anthem at everything from on-base award ceremonies, changes of command and retirements, to the Pismo Beach 4th of July fireworks show and the Elks Rodeo. Anyone interested can either call Capt. Zach Guza at 606-4725 or attend a practice at 4:45 p.m. Mondays in the Chapel sanctuary.



We just  
gotta sing!

# Vandenberg Honor Guard



The Vandenberg Honor Guard is looking for an airman in the rank of staff or technical sergeant to fill a full-time special-duty position. For more information concerning eligibility, call Staff Sgt. Virgil Peacock at 606-3654.



# SPACE & MISSILE

## FEATURES

### Destinations *Central Coast* @ Disneyland RESORT



PHOTO BY TECH. SGT. GREG DANÉT

The Queen of Hearts signs an autograph at Disneyland's main entrance. Disney princesses and animated characters are on hand throughout both parks to sign autographs and take pictures with children of all ages.



PHOTO BY TECH. SGT. GREG DANÉT

At Disneyland California, the Butler family stops on Main Street for a photo op in front of a statue of Walt Disney and Mickey Mouse with Sleeping Beauty's castle as a backdrop.



PHOTO BY TECH. SGT. GREG DANÉT

Disneyland's Mad Tea Party is an original attraction, which opened with the park in 1955. In 1957, the park added the Alice in Wonderland "dark ride," meaning it told the story as an indoor ride painted with flourescent colors and lit with black lights.



PHOTO BY STAFF SGT. REBECCA BONILLA

Disneyland and California Adventure theme parks in Anaheim, Calif., offer free admission for military members through Nov. 19. Up to five three-day "park-hopper" passes are available to guests of military members for \$40. Free and discounted tickets are available at all Disneyland ticket booths. Military members must show valid identification.



PHOTO BY TECH. SGT. GREG DANÉT

During a production of Playhouse Disney - Live on Stage, cast member Jamie, chats with Tutter from "Bear in the Big Blue House" about overcoming shyness.

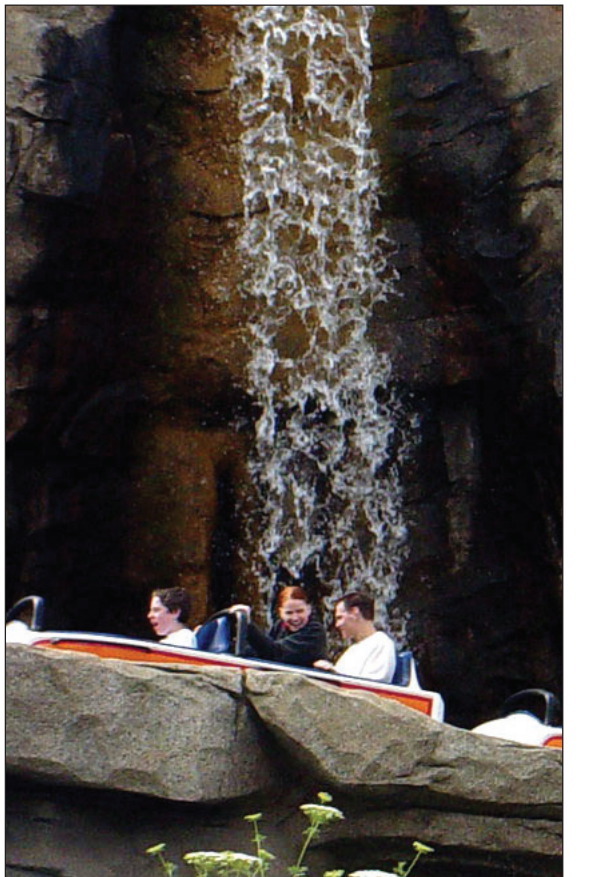


PHOTO BY STAFF SGT. REBECCA BONILLA

The Matterhorn Bobsleds offer thrill-seekers an exciting ride through a Yeti infested, snow-capped mountain.

## Community Calendar

20  
FRI

**Allan Hancock College registration** – now underway for the fall session. Schedules are online at [www.hancockcollege.edu](http://www.hancockcollege.edu). Fall mail-in registration continues through July 22. Call 605-5915.

**Educational scholarships** – available from the Vandenberg Top-3. All enlisted members, regardless of rank, are eligible for one of three \$200 scholarships. They'll be awarded at the August general membership meeting. Call Senior Master Sgt. Paul McGinnis at 606-6571 or 606-3459 for more information and details.

**Art Show** – 8 a.m. to 3 p.m. and 5 to 8 p.m. Mondays – Thursdays through July 31 at the Allan Hancock College art gallery in the Santa Maria campus learning resources center. Call (805) 922-6966, ext. 3550.

**ATV Safety Course** – 8 a.m. Monday at the base fish and wildlife office. For more information or to

23  
MON

register, call Doug Lemp at 606-6804.

**TOPS (Take Off Pounds Sensibly)** – 7 to 8 p.m. Mondays at the Vandenberg Health and Wellness Center.

**Pre-separation briefing** – 8 a.m. Tuesday in the Vandenberg Family Support Center. The briefing is required 90 days prior to leaving the service. Call 606-0801 for more information.

**Single parents support group** – 11:30 a.m. to 1 p.m. Tuesday at the Services Center. Call 606-9958.

**Joint retiree activities center** – Open 10 a.m. to 2 p.m. Tuesday – Friday in building 10346 in the Vandenberg Base Exchange shopping center. Call 606-5474 for more information.

**Summer reading program** – 3 to 4 p.m. Wednesdays through July 23 at the Lompoc Public Library. Call 736-3477, ext. 12.

**Business seminar** – 1:30 p.m. Wednesday at

25  
WED

the family support center. Call Larry Davis at 605-0134 to sign up.

**Lompoc Valley Flower Festival** – Wednesday through June 29 at Ryon Park in Lompoc. Rides, food booths and entertainment abound.

**Mechanics of resume writing** – 9 to 11:30 a.m. Wednesday at the family support center. Call 605-8557 to register.

**Business Seminar** – 1:30 to 3:30 p.m. Wednesday at the family support center.

**Women, infants, and children** – 8 a.m. to 4 p.m. Thursday at the family support center for Vandenberg personnel who meet program requirements. Call 606-0039 or the Lompoc WIC office for appointments.

**Risk Reduction classes** – 2 to 4 p.m. Thursdays at the health and wellness center. Call 606-2221 to sign up.

**Depression management group** – 10:30 a.m. to noon Thursdays at the

26  
THU

Vandenberg Life Skills Support Center. New groups begin every 6 to 8 weeks. The group is open to active-duty members and their dependents. It's appropriate for adults or mature adolescents experiencing depression. Call Capt. Arlin Hatch or the LSSC staff at 606-8217.

**576th Flight Test Squadron golf tournament** – 12:30 p.m. June 27 at Marshallia Ranch Golf Course. Call 605-6345. There will be hole-in-one prizes for all par-threes holes.

**CAL-VET home loan class** – 1:30 to 3:30 p.m. June 27 at the family support center. Learn basics and application procedures for the home loan process.

**Alzheimer Memory Walk** – 8 a.m. June 28 at Waller Park. Call (805) 714-4789.

**Lompoc Valley Flower Festival Parade** – 10 a.m. June 28 at North H Street and Ocean Avenue in Lompoc.

27  
FRI

23  
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### MILITARY FREEBIES AND DISCOUNTS

**Vegas salutes the military** – through July 4 more than 70 Las Vegas resorts and hotels offer discounted room rates to active-duty military personnel, their spouses and dependents. Visit the Web site at [www.vegasfreedom.com](http://www.vegasfreedom.com) or call (877) 847-4858.

**Utility assistance program** This program assists active deployed military and Reservist dependents who need assistance paying their gas bills. Call Bobbi Thompson at 736-6226 for more information.

**Flight discounts** – U.S. Airways offers discounted fares for military members and their immediate family through Dec. 31. Call U.S. Airways at (800) 428-4322 or visit the Web site at [www.usair.com](http://www.usair.com) for more information.

**American Airlines flight discounts** – Discounted fares are available for active-duty and Reserve military members and their immediate family members through Dec. 31. Call American Airlines at (800) 433-7300 or visit the Web site at [www.aa.com](http://www.aa.com).

**Free amusement park admissions** – through Nov. 11 Sea World, Bush Gardens, and Sesame Place parks give free single-day admission to active-duty military, Reservists, and Guardsmen and up to four dependents. Call Patty Burrus at (210) 523-3656 for more information.

**Free Disneyland admission** – Disneyland offers one complimentary three-day pass to active-duty military members through Nov. 19. Active-duty personnel may also purchase tickets for \$39 for up to five guests. Call (714) 956-6424 or visit the Web site [www.disneyland.com/military](http://www.disneyland.com/military) for more information.

**Sandals Resorts** – offers free vacations for military members. Details are available at [www.sandals.com](http://www.sandals.com).

The 30th Space Wing legal office advises that photocopying military identification cards for this purpose is prohibited by AF instruction. Sandals Resorts has indicated that a copy of military orders is an acceptable form of verification.

## Chapel Services & Events

For other denomination worship services and events, call the chapel at 606-5773.

♦ **G.I. Java** – opens 5 to 9 p.m. daily for dorm and billeting residents to enjoy free lattes, frappaccinos, sodas, chips and fellowship.

♦ **Daily prayers** – 7:15 to 7:25 a.m. in Chapel 1. All of Vandenberg is invited to pray for the nation, troops and families.

♦ **Family Bible Study** – 7 p.m. Tuesdays in the Chapel 1 Annex.

♦ **Catholic Summer Fellowship** – noon Wednesdays at Cocheo Park weather permitting.

### WORSHIP SERVICE TIMES

#### Sunday

8:30 a.m. Praise and Worship, Chapel 2  
10 a.m. Catholic Mass, Chapel 1  
11:30 a.m. Traditional Protestant, Chapel 1  
11:30 a.m. Gospel, Chapel 2

#### Monday - Friday

11:30 a.m. Catholic Mass, Chapel 2

#### Saturday

5 p.m. Catholic Mass, Chapel 2

♦ **Men's Bible Study** – 6 a.m. Wednesdays at Breakers.

♦ **Gospel musicians rehearsal** – 7 p.m. Wednesdays at Chapel 2.

♦ **Singles' Group** – 6:30 p.m. 2nd and 4th Thursdays of the month at G.I. Java.

♦ **Protestant Combined Worship Service** – 11:30 a.m. June 29 in Chapel 1.

♦ **Picnic, ice cream social** – 2 p.m. July 6 on the patio behind the Chapel 1 annex.

## Did You Know?

### Body Art

Body alterations or modifications are prohibited if they are

intentional and result in a visible, physical effect that detracts from a professional military image.

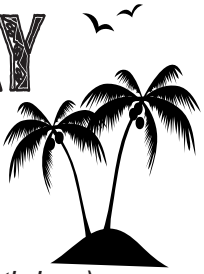
Unauthorized tattoos and brands anywhere on the body that are obscene, advocate sexual, racial, ethnic, religious discrimination and are prejudicial to good order and discipline or that are of a nature that



# 30th Services News

## BREAKERS DINING

### BIRTHDAY MEAL



**Wednesday**

(for April, May and June birthdays)

**Breakers Dining Facility history room**  
Doors open at 5 p.m.

**Dinner served at 5:30 p.m.**

*Sign up by today!*

The birthday meal is a program designed to show appreciation for VAFB's enlisted airmen. All enlisted personnel receiving basic allowance for subsistence or on a meal-card may enjoy the birthday meal with a military or dependent guest. To sign up or for more information, call Staff Sgt. Daniel Miller at 606-3219 or a first sergeant.

## SERVICES CENTER

### 1-Day Trip to Disneyland

**June 28**

Cost: \$15 per person, for bus transportation only. Depart at 6 a.m. and return at midnight. Dependent tickets, \$38. Children ages 3-9, \$31.50. Active-duty military, free entry at gate. Sign up early as seats are limited to 40 people. Call the Services Center at 606-7976.

## LIBRARY

### New children's reading group

For ages 9 to 13, 2 p.m. Wednesdays at the library. Call the library at 606-6414 to sign up.

### Take flight and read

Celebrating 100 years of flight, the new summer reading program starts June 30th. The program is for children 3 to 13. Children must register on June 30 at the base library, and pick up their packets to Take flight and read. **ATWIND EVENT!**

### Road map exchange

Taking a trip? Stop by and check out the road map exchange at the library. Pick up maps needed for travel, moving, etc. or drop off maps no longer being used.

## OUTDOOR REC



### Sailing at Santa Barbara with Steven Renz

10:30 a.m. to 5:30 p.m. \$45 per person.

**TRIP DATE: Must sign up by:**

July 12                      July 3  
July 26                      July 18

Trips continue through September.

Bring a lunch, hat, sunscreen and wear layered clothing. For more information or to make reservations, call 606-5908.

## WHITEWATER RAFTING

**on the Kern River**  
**July 12, 19 and 26**

\$65 per person

All trips are one-day and include:

- Full day of rafting up to Class IV whitewater
- Transportation to and from Vandenberg AFB
- Gourmet, deli-style lunch
- Depart from Outdoor Rec, Bldg. 10250 at 6 a.m., return 9 p.m.

Call 606-5908 for more information or to sign up for this adventure!

## 30TH SERVICES SQUADRON



### Play ATWIND

**Around The World In Ninety Days**

### Week #4 places to play...

#### Today

Golf - all day  
Library - all day  
Lunch & Learn, "Power Point Sounds & Movies,"  
11:30 a.m. to 12:30 p.m.  
Pacific Coast Club - social hour, 5 to 6 p.m.

#### Saturday

Surf Lanes - youth bowl, all day  
Golf - youth, all day  
Auto Skills - all day  
Rod & Gun - skeet shoot, 9 a.m.  
Outdoor Rec - sailing in Santa Barbara, 10:30 a.m. to 5:30 p.m.

#### Sunday

Aquatic Center - family swim, all day

#### Monday

Fitness Center - all day  
Surf Lanes - lunch  
Aquatic Center - water aerobics, 11:30 a.m. to 12:15 p.m.  
Lunch & Learn, "Photo Panorama," 11:30 a.m. to 12:30 p.m.

#### Tuesday

Services Center - all day  
Surf Lanes - bowl all day  
Pacific Coast Club - lunch  
Launch Pad dining facility - lunch

#### Wednesday

Rod & Gun - all day  
Outdoor Rec - all day  
Foggio's - lunch  
Golf Course - lunch  
Lunch & Learn, "Excel Formatting," 11:30 a.m. to 12:30 p.m.

#### Thursday

FAMCAMP - all day  
Skills Arts & Crafts - all day  
Library - storytime, 10 a.m.  
Breakers - lunch  
Pacific Coast Club - family dinner, 5 to 8 p.m.

**YOU CAN WIN...**

**5 Different Grand Prize Drawings!**

**BIG CASH, Plus Great Vacation Trips!**

**CASH PRIZES US Airways Tickets & More!**

### 1st Weekly ATWINNER!



Maj. Tom Reppart, 30th Services Squadron commander, issues the summer's first ATWIND \$100 cash prize to Sherrie Davis.

**Guaranteed weekly \$100 & monthly \$1,000 winners for Vandenberg!**

**Play ATWIND by logging onto [atwind.com](http://atwind.com) or call (888) 597-9960.**

Sponsored in part by  
• Sprint • Rocky Mountain Blue at Keystone  
• US Airways • Tyson • Coca-Cola  
• Aspen Marketing Services  
No Federal Endorsement Intended.

## SURF LANES



### Hey kids, School's out for the summer!

Reward yourself for all that hard work. Come into the Surf Lanes this summer with your report card or peak performer certificate and receive a free game of bowling with one paid game.

We will even throw in the shoes!

**all summer open bowl hours**



Call Surf Lanes for more information at 606-3209.

## PACIFIC COAST CLUB

in the E-Lounge, 9 p.m. to 2 a.m.

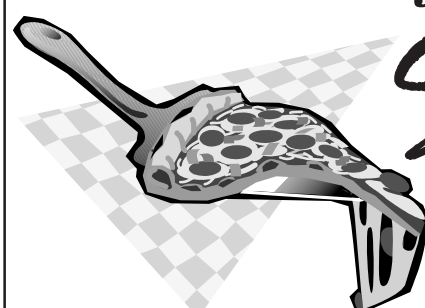
**TONIGHT!**



*The greatest music of the decade!*  
No Federal Endorsement Intended.

### FOGGIO'S Pizza Buffet Night

**Wednesday 5 to 8 p.m.**



**Special**

**\$8.95**

Members First Price

**\$6.95**